

LIFESTYLES

HAWAII MARINE B SECTION

SEPTEMBER 2, 2005



The view from the Pali Lookout offers a panoramic view of Kaneohe and Kaneohe Bay. In the background is Coconut Island and the tip of Marine Corps Base Hawaii, Kaneohe Bay. Below Right — A statue of King Kamehameha I, who united and ruled the Hawaiian Islands for more than a century, stands at the entrance of Aliiolani Hale, home of the Hawaii State Supreme Court, in Honolulu.

Circle island

Story and Photos By Pfc. Edward C. deBree
Combat Correspondent

Many Marines and Sailors who receive orders to Marine Corps Base Hawaii may get excited about the opportunity to be stationed in the “Aloha State.” But in order to appreciate what the island of Oahu has to offer, they have to get out and about.

The Around the Island Tour, hosted by Marine Corps Community Services Hawaii, gives Marines, Sailors, family and friends an all-around view of the whole island.

The tour bus that leaves from Marine Corps Base Hawaii, Kaneohe Bay, makes its first stop at the Pali Lookout. Here, guests get a bird’s-eye view of the Windward side of the island, which includes Kaneohe Bay, Kailua, Lanikai, the Koolau Mountains, and Coconut Island, an area known for being the location for the opening scene of the original television series, “Gilligan’s Island.”

Among Oahu’s many visitors were those from Hollywood who have brought crews with them to produce television series and motion pictures — mostly around the Kualoa Ranch area, where films such as a “Jurassic Park,” “Windtalkers,” and most recently, “50 First Dates,” were made.

During the stop at Kualoa Regional Park, Melvyn Chow, 65, the Around the Island tour guide, pointed out Mokolii Island, also known as Chinaman’s Hat.

“This is where a lot of artists come and paint pictures,” said Chow. “There is a very popular picture of the island where it is the island and a Chinese man’s face under the surface of the water.”

The tour bus then made its way up to Sunset and Pipeline beaches. These two beaches play host to yearly surf competitions in the winter months, when the waves can reach more than 30 feet.

The bus then passed by Shark’s Cove, a beach where a lot of people go to snorkel and bring their children to play in the tide pools. Down the street from Shark’s Cove is the Waimea Valley Falls Audubon Center where visitors can take a 3.5-mile hike to see the waterfall that has been its main attraction for years.

In the Waianae mountain range lies Kolekole Pass. This pass winds through the mountains that Japanese warplanes passed through to reach Pearl Harbor on Dec. 7, 1941. Surrounding the mountains are Hawaii’s agricultural

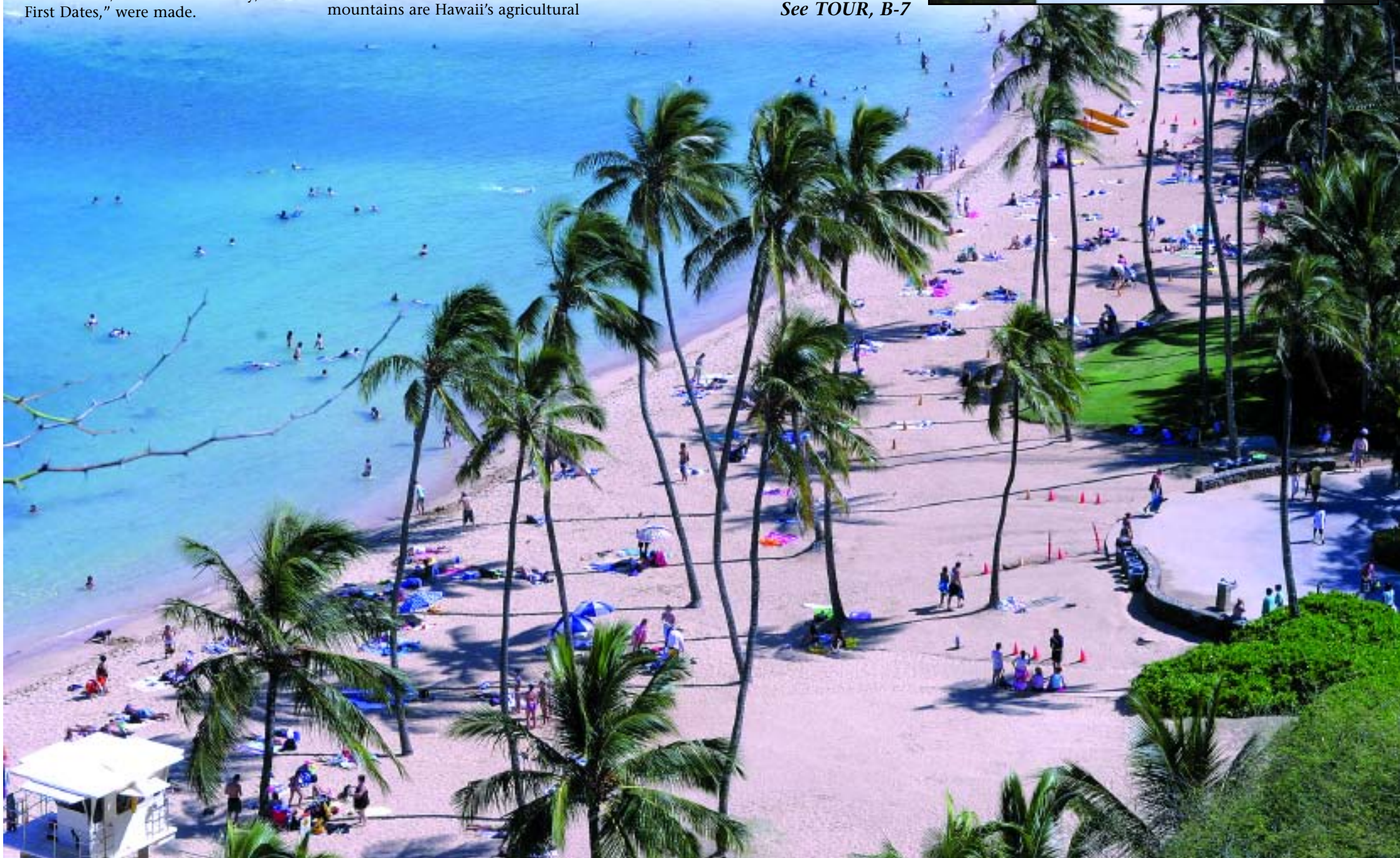
fields where pineapples, bananas, and other tropical fruit are grown. Many fields where farmers used to grow sugar cane are now used to grow coffee beans.

Chow then directed the tour toward Punchbowl, home of the National Memorial Cemetery of the Pacific. Punchbowl is where thousands of service members from World War II, the Korean War and the Vietnam era were laid to rest. Inside the dormant volcano stands a memorial with a wall for each branch of service with the names of fallen heroes. At the top of the memorial is a statue of Lady Columbia, who stands looking over the cemetery, representing all grieving mothers. Punchbowl also offers a scenic look at Honolulu and Diamond Head, another one of Oahu’s nonactive volcanoes.

The next stop is Hanauma Bay. Many visitors flock to Hanauma Bay early in the morning to enjoy a day of snorkeling or scuba diving in the calm waters, or to enjoy a day laying out in the Hawaiian sun.

The last stop of the tour was Halona Blow Hole. This site is where

See TOUR, B-7



Beach-goers, who have waited in line for hours for Hanauma Bay to open, enjoy its beach, calm water and coral reef. The bay is an ideal place for people who are beginner snorkelers or scuba divers. Hanauma Bay is also home of a natural preserve where families can spend the day relaxing.

MCCS offers fun, diverse jobs

MCCS jobs suit all aptitudes, interests, skills

Yibeli Galindo-Baird
Marine Corps Community Services Marketing

The scenario is all too familiar. You have just completed your move to Marine Corps Base Hawaii. The kids are in school, your spouse is off to work, and you are now wondering what to do next. So you visit the Marine Corps Exchange. You decide to grab a bite to eat at the Fairways Sports Grill, and then drop by the Base Library. At each of these places you notice that shiny silver, oval nametag that each employee is wearing, and start to wonder, “Could I work here too?”

Marine Corps Community Services is not only proud to say, “Yes, you can,” but, akin to the military community it serves, is always looking for a few good men and women to fill some pretty important and fun jobs. If you are looking to work in a place where opportunities abound, where



Photo courtesy of Rod K.T. Kam

Atuvai Savea, a Marine Corps Exchange employee, helps a family to complete their purchases. Retail position such as this are among the many jobs you can work in when you join the MCCS staff. MCCS Personnel Office workers are constantly looking for people to fill full-, part-time and flexible-schedule positions.

your co-workers treat you like family, and where the compensation package easily surpasses that of companies off base, today is your lucky day. MCCS

has a job for you. Of course, the journey of a million miles begins with a single step. That first step is to find the job openings.

According to Jeanne Chang, human resources specialist, jobs are posted on the MCCS Web site as they become available. She also said that those who do not have access to a computer could view the openings in person at the Personnel Office, Building 219, aboard Marine Corps Base Hawaii, Kaneohe Bay; at the Pass House at the main gate; or at the entrance to the Base Theater.

Application forms are available at each of these locations. While the form requires basic information, it must be completed in its entirety and turned in by the specified deadline in order for you to be given full consideration for the job.

“A background screening will be conducted as part of the application process and is a standard procedure that enables us to find suitable candidates for our jobs,” added Chang.

If you’re selected for the position for which you applied, you’ll be invited to become a part of the team that proudly serves those who serve our nation.

Aida Watson, personnel assistant and a former Marine, said it best. “Working at MCCS is an opportunity to better understand the necessities of our military personnel. And for those

of us who live on base, working for MCCS keeps us closer to home.” This latter point is a particular benefit given that those who choose to work off base face a commute that can be time-consuming and costly.

Throughout the year, MCCS offers a wide gamut of exciting jobs at K-Bay, not to mention Camp Smith and Manana, for individuals of all education levels, skills, aptitudes and interests.

Imagine working as a projectionist and watching the latest Hollywood movies from the privacy of the projection room. Love books? Get the first peek at the books on the best-sellers list as they arrive to the Base Library and are processed by you, the newest library technician. And if decorating to a common theme is up your alley, a job as a visual merchandiser for the Marine Corps Exchange will fill your days with color, texture, and friendly retail co-workers — some of whom could be your neighbors. These and other fun-filled positions are waiting for you.

Need more reasons to apply? Visit the MCCS Web site at www.MCCS.hawaii.com today, or for the latest job postings, call the Job Vacancy Hotline at 254-7619.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise



Kahuna's Bar & Grill
254-7660/7661

Live Entertainment — Kick off your three-day weekend right by heading out to Kahuna's tonight for an evening of live music — compliments of Man on a String.

Hot Country Nights — If boot scooting boogie is your kind of music, you'll have no problem two-stepping to the tunes of Dita Holifield and Red Handed at the club, Wednesday.

The country music act kicks off at 8 p.m. every other Wednesday.

For a real country feeling, try your hand at mechanical bull riding. It may be painful, but it's always fun.

NFL Kickoff at Kahuna's — Cheer on your favorite team during the first regular football season game at Kahuna's.

Wings will be on special for 25 cents, and karaoke will still be available.



Staff NCO Club
254-5481

Texas Hold 'em at Staff NCO Club — Winning hand or not, it's always fun to play Texas Hold 'em at the Staff NCO Club. Players and dealers are needed, Saturday.

This is a great opportunity to practice your skills in the fine art of poker. All participants must sign in by 6 p.m.

Staff NCO Club members can participate for \$5 and nonmembers for \$8.

Those interested in being a dealer should call the club at 254-5481 for more information.

Watch the First NFL Football Game at the Staff NCO Club — If you are looking for a big screen on which to watch the first NFL regular season game and enjoy your favorite beverage with your fellow Staff NCOs on Thursday, then look no further than the Rocker Room.

You can even bring your Mongolian Barbecue in from the dining room.



Officers' Club
254-7650/7649

Seafood Buffet — Drop by Thursday evening for a seafood buffet — only available on the second Thursday of the month.

The menu includes: snow crab legs, carved black Angus prime rib, peel-'n'-eat shrimp, south of the border ahi poke and much more.

The buffet begins at 6 p.m. and runs through 8 p.m. The cost is \$23.50 for members and \$26.95 for nonmembers.

Right-Hand Man Night at The Officers' Club — Once a quarter, the club hosts Right-Hand Man Night, Thursday, from 4:30 to 6:30 p.m.

Complimentary pupus and beverages will be available. This is the perfect opportunity to build camaraderie and relax in the club's comfortable atmosphere.

All Hands

New Veterinary Hours — Starting this Saturday and the first Saturday of each month thereafter, the Veterinary Treatment Facility will see your pet from 8 a.m. to 1 p.m., by appointment only.

Appointments must be scheduled at least two weeks in advance for the Saturday schedule. No sick-call services will be available.

For more information, call 257-3643.

Camp H.M. Smith Library Relocation — The Camp Smith Library is relocating to the second deck of the MarForPac building.

This move is expected to be complete by Sept. 15.

For more information, call 254-7624.

Daddy's Baby Boot Camp/ Mom's Basic Training — Come to the Key Volunteer Center from 8 a.m. to 4:30 p.m. to learn how to be

a great care provider for your baby, Tuesday and Wednesday.

The training will cover childbirth education and infant care for expecting moms and soon-to-be dads.

For details, call 257-8803.

Transition Assistance Program — Service members getting out of the military within six months are required to attend TAP, and spouses are highly encouraged to attend.

TAP will be held at Building 279 from 8 a.m. to 4 p.m., Tuesday through Friday.

For more information, call 257-7790.

Sponsorship Training — Sponsorship training is mandatory for all personnel assigned as sponsors for inbound service members.

Thursday's training provides a complete outline of sponsor's duties. For more information, please call the Relocation Assistance Program at 257-7790.

Tour of the Island — For those new to Hawaii and Oahu, this is your perfect opportunity to leave the driving to someone else and be a sightseer once again. Take a narrated tour of Oahu Friday and see the most popular points of interest.

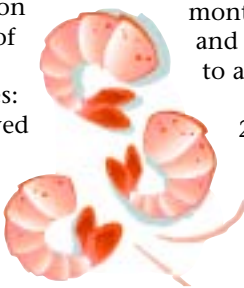
This free, daylong tour will take you around the island beginning and ending at Personal Services, Building 216.

Remember to bring lunch and sun protection. Space is limited and reservations are required.

Call 257-7790 to reserve your seat.

Program for Couples — A little marriage tune-up is good from time to time. Join the Chaplains' religious Enrichment Operation for Marriage Enrichment Training to be held this Friday through Wednesday.

This event, held at the K-Bay Cabanas, promises to rejuvenate any relationship and open communication channels for a better spiritual connection. To sign up, call 257-1919.



Spouse Conference — The 11th Annual Joint Spouses' Conference will be held from Sept. 30 through Oct. 1 at the Nehelani Conference Center at Schofield Barracks.

The conference is open to spouses from all military branches, all ranks, active duty and retired. It is great opportunity to make friends, learn new skills, and celebrate the military lifestyle.

The two-day event is \$25 per person or \$15 for one day. Registration runs through Sept. 16.

More than 65 workshops are available this year and registration can be easily completed online via www.jointspousesconference.com. This is the first time this option is available.

For more information, visit the Web site or call Mari Morales, Marine Corps liaison, at 254-5014.

Ongoing

Wednesday Night Pool Tournaments — Are you a closet pool shark? If so, make Kahuna's Sports Bar & Grill your destination for pool tournaments every Wednesday evening.

Games run from 7 p.m. to 11 p.m. and cost \$10. Tournaments are open to E-1s through E-5s, DoD civilians, and sponsored guests.

For more information, call 254-7660.

Designated Driver Awareness Program — According to the National Highway Safety Administration, in 2004 motor vehicle crashes were the leading cause of death for people 2 to 33.

Don't be a statistic. Sign up for the Designated Driver Program at Kahuna's Sports Bar & Grill, and enjoy free nonalcoholic beverages.

For more information, call Kahuna's at 254-7660.

Extended Pool Hours at The Officers' Club — Summer pool hours are in effect at The Officers' Club as follows: Tuesday through Saturday 10 a.m. to 5 p.m.; Sunday 10 a.m. to 8



p.m.; and Mondays and holidays, the pool will be closed so plan accordingly.

The poolside menu will be available on Splash Tuesdays from 11 a.m. to 1:30 p.m. Food will be cooked to order on a grill by the pool. Wednesday through Friday, limited items can be ordered via the poolside phone for

delivery to the pool.

For more details, call 254-7650.

Get Your Lunch on the go at Kahuna's — Need to grab a bite to eat, but don't have time to sit down at Kahuna's? No problem — for quick and convenient lunch, use the lunch pickup at the bar.

Just call 254-4183 and place your order between 10:30 a.m. and 1:15 p.m., Monday through Friday.

Mongolian Barbecue at the Staff NCO Club — Take a part in the newest dinner alternative: Mongolian barbecue at the SNCO Club. Every Thursday from 5:30 to 8:30 p.m. enjoy the colorful and fresh selection of meats, vegetables, spices, oils, and other ingredients to make a dish that will satisfy the hungriest of eaters.

Members pay 65 cents an ounce; nonmembers can enjoy this dinner for 75 cents an ounce. Reservations are highly recommended, as seats tend to fill up quickly.

For reservations and information, call 254-5481.

Self-Storage Lockers Almost Full — The Self-Storage Lockers at Kaneohe Bay offers more than 250 units, of various sizes.

Reserve one of the remaining lockers by calling The Lodge at 254-2806. Be sure to have your credit card information available.

Discount at Fairways Sports Grill for Staff NCO Members — The SNCO Club may be closed on Mondays and Tuesdays, but Fairways is now offering reduced pricing for SNCO members from 11 a.m. to 1 p.m. on those days.

Don't forget to show your valid membership card to activate your discount. With their delicious and quick menu items, Fairways is the place to eat!

For more information, call 254-5481.

MOVIE TIME

Prices: Adults, 12 and older, \$3; children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with video or picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For more information, contact the Base Theater at 254-7641.

Fantastic Four (PG-13)	Today at 7:15 p.m.
Rebound (PG)	Today at 9:45 p.m.
The Island (PG-13)	Saturday at 7:15 p.m.
War of the Worlds (PG-13)	Saturday at 9:45 p.m.
Charlie and the Chocolate Factory (PG)	Sunday at 2 p.m.
Dark Water (PG-13)	Sunday at 6:30 p.m.
Fantastic Four (PG-13)	Wednesday at 6:30 p.m.
The Bad News Bears (PG-13)	Friday at 7:15 p.m.
The Island (PG-13)	Friday at 9:45 p.m.

Personality Features

Marine inspired by friends, TV

Cpl. Michelle M. Dickson
Combat Correspondent

As a child, Cpl. Von P. Ballester, a Garland, Texas native, said he never expected he would one day be where he is today and still have dreams to pursue even higher goals in life.

“I was always into football and baseball in high school, but never thought I would get to laminate maps in the Marine Corps,” admitted the Intelligence Analyst assigned to Headquarters Company, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay.

“I just decided one day, after my first semester in college, that I was done with school for a while and wanted to try something new.”

Ballester said he wasn’t familiar with the Marine Corps at the time, but was initially thinking about becoming a fighter pilot, to help him get over his fear of flying. When he realized that being an enlisted Marine meant that he didn’t qualify for the officer pilot program, he chose to be an intelligence analyst.

“I was actually relieved when they told me that a fighter pilot wasn’t an option,” said the 23-year-old. “I’m so terrified of flying. ... It probably would have been a huge mistake.”

After graduating boot camp and Marine Occupational Specialty school for intelligence analysts, Ballester received orders to Kaneohe Bay, where he has been assigned to Headquarters and Service Company, 3rd Battalion, 3rd Marine Regiment, for the past four years.

Ballester recently returned from a tour to Afghanistan with 3rd Battalion, 3rd Marine Regiment, before moving to 3rd Marine Regiment to finish out his enlistment.

“Being over in a country like that really makes you realize how wonderful it is to live in the United States of America,” said Ballester. “It’s definitely given me a different outlook on life.”

As a Marine, Ballester said he has learned quite a few essential lessons in life, over the years.

“I have definitely gained a much higher tolerance for conflicting personalities,” said Ballester. “I’ve also gained a lot of experiences and met great friends along the way. I especially have to mention people like ‘Bates,’ ‘Joey O,’ and Greg Dubbs. We’ve all been through so much together and they’re really inspiring me to reach for the stars and



Cpl. Michelle M. Dickson

Cpl. Von P. Ballester, intelligence analyst, Headquarters Company, 3rd Marine Regiment, Marine Corps Base Hawaii, Kaneohe Bay, displays a hibiscus.

accomplish my future goals.”

After saying farewell to the Marine Corps, Ballester plans on attending the University of Texas where he hopes to study cosmetic surgery and botany.

“My original choice was to be a botanist, and I made that decision after seeing the beautiful plant life on this island,” said Ballester. “But to be honest, the show “Nip/Tuck; has really made me think about taking a different route in life. It’s so interesting and I hear that it’s becoming really popular in Asia.”

Until the day arrives when he will change his career path, Ballester said he will continue enjoying the time he has left on the island and enjoying the company of his friends.

“My family is very proud for what I’ve done for myself, but they’re excited I’m coming home,” said Ballester. “I will never forget everyone I’ve met along the way in the Corps, though. So many different walks of life, and so many different personalities.”

“All I can say to the Marines who are just starting out is to stay motivated, lock your body, and learn how to field day,” said Ballester. “And stay in school.”

Sailor finds escape in paper, pencil

Sgt. Joseph A. Lee
Sports Editor

Author Phyllis McGinley once said, “A hobby a day keeps the doldrums away.”

For many, the doldrums of life could be created by nothing more than the daily grind — the mundane routine of a nine-to-five job. In essence — work. Though some may think the military lifestyle is packed with excitement every minute of every day, this is not always the case.

For Petty Officer 2nd Class Santonio Daniels, an air traffic controller assigned to Marine Aircraft Group 24, escape is only a pencil and piece of paper away.

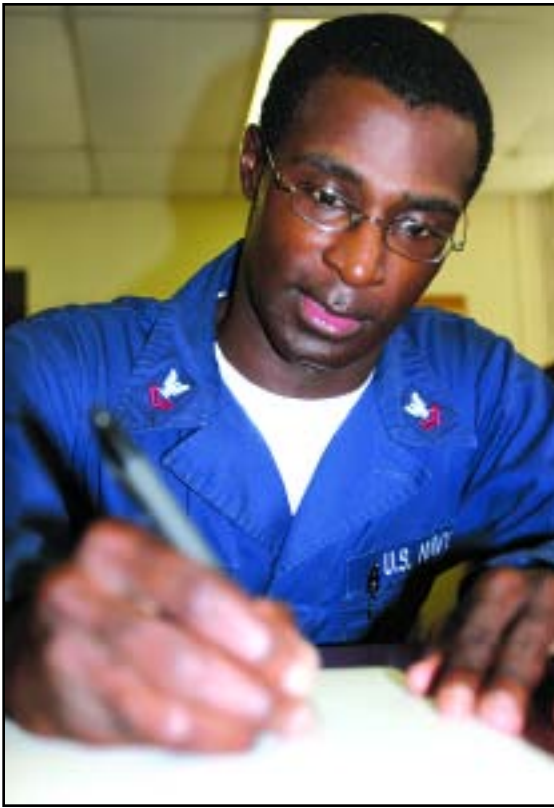
“Some people like to drink and party — I draw,” said Daniels. “It’s my way of escaping. I can be anywhere and do anything when I can start out new with a new, blank, fresh sheet of paper.”

Born in Hot Springs, Ark., in 1975, Daniels said he grew up with the natural ability to draw. Handed down from his father, a graphic artist, Daniels’ knack for drawing surfaced when he was in kindergarten.

“I remember when I was about five years old, my kindergarten teacher told us to draw a bird. I hesitated at first and looked to see what the other children were drawing. To my amazement, they were all drawing the exact same thing and — it wasn’t a bird,” said Daniels. “At least no bird I had ever seen. All I saw were a bunch of the letter m’s drawn all over the place. So, I picked up my pencil and went to work. When I was finished, the teacher looked at my paper. I wasn’t sure why she was reacting with such astonishment. Did I not know how to draw a bird? That seemed ridiculous, because I was sure that I knew how to draw a simple bird. Apparently, my drawing ability was a step or two beyond the other children in the class, but all I figured was that I was the only one in class that had ever seen a bird — considering my picture was the only one that looked like one.”

It was then that Daniel learned he had an exceptional skill. As he grew older, he took up sports and other hobbies as well, such as playing the saxophone, playing football, and even running track, but his talents for these came to him as naturally as drawing. As it turned out, it wasn’t only Daniel’s father who had a natural talent for art — Daniels’ grandfather, on his mother’s side, was also a graphic artist by trade.

“I was cursed,” said Daniels. “There was nothing I could do. Now every time I see a design that catches my eye, I clip it and keep it, if I can. If I see a woman’s eye in a magazine that I like, I’m forced to clip it out for later use, as I may want to recreate it at some point.”



Cpl. Michelle M. Dickson

Petty Officer 2nd Class Santonio Daniels, air traffic controller, Marine Aircraft Group 24, sketches a picture for his 6-year-old niece who lives in his hometown in Arkansas. Daniels had a scholarship to Memphis College of Art, but decided to join the Navy instead.

According to Daniels, imagination is his only weakness when it comes to drawing.

“I don’t know why, but I can’t seem to just create something from nothing,” said Daniels. “I have to at least see it somewhere so that I can sketch it. To defeat it, I just use pieces and parts of different things I pick up from different places.”

Daniels thought of joining the Navy as a draftsman, but decided a few years after he enlisted as an undesignated airman that air traffic control might be a more interesting trade to learn. After a couple years in Guam, Daniels was sent to Air Traffic Control School, and after graduating, began a career as an air traffic controller. Deployed once to the Persian Gulf from San Diego, he has been at Marine Corps Base Hawaii, Kaneohe Bay, for the past year and spends his free time drawing for his 6-year-old niece.

“Once or twice a month, my niece will ask me to draw her something, and I send a sketch or two home,” said Daniels. “She usually uses them to color in, and then she sends me back the

See DANIELS, B-6

Water program wins award

John Dunbar
Facilities Department

Marine Corps Base Hawaii’s Water Conservation Program won a 2005 U.S. Department of Energy, Federal Energy Management Program award. The official awards ceremony will take place in October in Washington, DC.

Each year the U.S. Department of Energy, Federal Energy Management Program sponsors the Federal Energy and Management Awards to honor individuals and organizations who make significant contributions to the efficient use of energy and water resources in the federal government.

The MCB Hawaii Water Conservation Program has reduced water consumption by an average of 8 percent annually over the past four years with a 19 percent savings in fiscal year 2004. MCB Hawaii fiscal year 2004 water consumption was 183 million gallons less than the previous year, representing a savings of more than \$362,000.

The reduction in water consumption is the direct result of the implementation of several water conservation best management practices, including water reuse — using treated effluent from the wastewater-treatment plant for golf course irrigation; conducting a leak detection survey, identifying and repairing leaks; replacement of plumbing fixtures in old unaccompanied personnel housing facilities; replacement of

See WATER, B-7

Grilling guidelines promote safety

**Warrant Officer 1st Class
Budd Dodge**
United States Department of Agriculture

Cooking outdoors was once only a summer activity, but here in Hawaii it is year round. It's important to follow food-safety guidelines to prevent harmful bacteria from multiplying and causing food-borne illness. Use these simple guidelines for grilling food safely.

From the store: home first
When shopping, buy cold food like

meat and poultry last, right before checkout. Separate raw meat and poultry from other food in your shopping cart. To guard against cross-contamination — which can happen when raw meat or poultry juices drip on other food — put packages of raw meat and poultry into separate plastic bags.

Plan to drive directly home from the grocery store. You may want to take a cooler with ice for perishables if you're going to take a short side trip before heading home. Always refrigerate perishable food within two hours.

Refrigerate within one hour when the temperature is above 90°F.

At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used in one or two days; freeze other meat within four to five days.

Defrost safely

Completely defrost meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow,

See FOOD, B-8



If the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, be sure to let it come to a boil first, to destroy any harmful bacteria.

Leaving keiki home alone calls for preparation

Be sure to prepare everyone involved before leaving your child alone at home

Deborah Moore
LIFELines.navy.mil/LIFELines.usmc.mil

Families with two working parents inevitably come to the point where their children are too old for after-school day care. But, are your children ready to stay at home alone?

- Here are some things to consider before deciding if your child is ready for this step.
- What is your child's maturity level? Can your child take care of himself or herself?
 - Is the house in a safe neighborhood?
 - What type of help is available to your child in case of an emergency?
 - Does your community provide resources and programs for latchkey children?
 - Does your neighborhood have a "safe house" program?
 - What are the local laws or base restrictions for leaving a child alone?

- Talk with your child about how he or she feels about being left alone. Here are some things to ask:
- Do you feel safe alone at home?
 - Do you know what to do in an emergency? Do you know who to call and where the emergency numbers are kept? Do you know your parents' work numbers?
 - Do you think you can follow your parents' rules?
 - Do you know when to ask for help?
 - Do you know what to say if a stranger calls or comes to the door?

Prepare your child

Have your child memorize family names, addresses, and work phone numbers. Set up an established telephone check-in time after school. While talking, review homework assignments, remind the child of chores to be done, and discuss play-time activities. Make a schedule with

your child and post it on the refrigerator. Keeping children busy will help keep them out of trouble.

Prepare your home

Tape emergency numbers by the phone. Children should have their own house keys and know where a spare one is hidden outside. Make sure a trusted neighbor or nearby friend has an extra key. Keep extra items needed to complete homework available, such as pencils, pens and crayons. Make sure you have a first-aid kit on each floor and teach your children how to use the contents. For easy and quick access, put a copy of the emergency numbers in each first-aid kit and, if possible, also leave a number where you can be reached.

Review emergency procedures

Teach your child what to do in case of a fire. Put away matches and candles; they can be very tempting to

- a bored youngster and can cause fatal accidents in a matter of minutes.
- Make sure your child knows what to do during a bad storm. Your child should have access to a working flashlight and a battery-operated radio.
- Teach children how to lock and unlock the doors and windows. Show them how to look for anything unusual before going into the house, such as an open door or a broken window.
- An answering machine provides a way for your child to screen callers before answering the phone. Teach your child not to answer the phone unless it's you or a guardian. In case a stranger calls and your child answers, tell your children never to tell a stranger that they are alone. Have them say, "My parents can't come to the phone right now, but I can take a message and they'll call you back."

- Look for community programs**
- Some states and community organizations have home-alone programs that teach children what to do in an emergency. Other communities have "warm-lines" that children can call to get information.
- For more information about regulations regarding latchkey children, refer to Marine Corps Base Hawaii, Kaneohe Bay, Base Regulations, P5500.15A.

- Some good rules for children left home alone**
- Call and check in with parents when you get home.
 - Do your homework first, then your chores, then play.
 - Don't talk to strangers or tell them where you live.
 - Don't tell anyone that you are home alone.
 - If a stranger comes to the door, don't answer it. Call your parents or neighbor.

See LATCHKEY, B-8

Back to School

Building good work space can ease stress

Kelli Kirwan

LIFELines.navy.mil/LIFELines.usmc.mil

School is more demanding than it used to be. The homework load is heavier, and there's more focus on state assessment tests. Throw in two parents who work outside the home, soccer practice, and the usual family chores, and you begin to wonder how you're going to cope. If you are finding that the word "homework" fills you with dread, try these tips to make homework time smoother:

A regular place

Some children like to work alone in a quiet room and some like the kitchen table where other siblings and parents are near. Find a place with few distractions and good lighting. Discover what works best for your student and then designate it the homework area.

Well-stocked supplies

Keep school supplies on hand. Don't rely on your children to bring what they need from school. In addition to pen and paper, younger chil-

dren usually need a map, crayons, pencils, scissors, glue, and colored paper. A dictionary is vital and, in today's computer age, extra ink and computer paper should be added to your shopping list so there is no excuse not to get that report done.

A regular time

Every family should find their perfect homework time. After considering schedules, activities, and when your child works best, set aside a time for homework and stick to it. Some children need a break after school, along with an after-school snack. Others like to get right down to business and get their homework out of the way to free their evening up for other activities. Have the rest of the family that is at home use this time for quiet activities, such as reading, drawing, or napping.

Is no noise good noise?

Keep in mind that silence could be just as distracting as the afternoon lineup of cartoons. If you need background or "white noise," try classical or other soft music played at a low volume.

They just won't do their homework!

Homework is supposed to reinforce what has been taught at school, but sometimes it feels as if you're trying to teach a whole new subject. Trying to help a child who is

not cooperating or interested, or who is even annoyed with you, is not conducive to a good learning environment.

Children get burned out and frustrated. It can be difficult, at times like these, to get your children to do their homework without you doing most of it for them. If you're experiencing a homework strike, there are several steps you can take:

Visit the school and volunteer in the classroom when you can. Show an active interest in their world. If you can't volunteer in the school, make arrangements for regular parent-teacher conferences, and take home projects that help reinforce lessons.

Restrict fun time until homework is complete, checked, and in the backpack. Allow bathroom breaks, small snacks, etc., but help your student keep on task.

Make sure you do your part: Check homework every day, so your children will learn that they can't sneak by with completing only part of their work.

Don't forget to allow fun time when they have earned it.

Be prepared

Finally, teach your children to prepare for the next school day the evening before. That helps eliminate the last-minute frantic search for spelling words or having to sign papers as your children exit the car. Starting the school day on a positive and prepared note can translate into smoother afternoons and better attitudes toward school.

Helping your child develop positive work habits and strong study skills now will help them have a successful academic year. You will gain piece of mind, knowing that you helped teach your children valuable study habits that will fit into any classroom or curriculum.

Kirsten Cukor

LIFELines.navy.mil/LIFELines.usmc.mil

Amanda is a little girl who goes to dances, Girl Scouts and plays piano and soccer throughout the week. Even though it may seem as though she is involved in a lot of activities, she is not unlike many American children today. Amanda's involvement in numerous activities is often thought of as part of raising a well-balanced, multi-talented child. But when do these commitments cause a child to go from enriched to overloaded?

Participation in after-school programs, according to the U.S. Department of Education, can be associated with improved school atten-

dance, a better attitude toward school work, aspirations for college, and less time in unhealthy activities.

A report by the U.S. Department of Health and Human Services also found that "Compared to those who reported spending one to four hours per week in extracurricular activities, students who reported spending no time in school-sponsored activities were 57 percent more likely to have dropped out by the time they would have been seniors; 49 percent more likely to have used drugs; 37 percent more likely to have become teen parents; 35 percent more likely to have smoked

cigarettes; and 27 percent more likely to have been arrested."

Such statistics often lead well-intentioned parents and their children into a dizzying weekly scramble of missed meals, car pools, and over-scheduled time. Add this to the complexities of being a military family juggling frequent moves and deployments, and you could be on your way to becoming a highly stressed, overscheduled family.

Even though some children thrive on being in several activities at once, including military dependent children who have access to after-school programs on base, many children do not do well on busy schedules.

If you suspect your family or child might be over-scheduled, here are some things to consider:

Deployments

If you rely heavily upon a spouse who is deploying, think about simplifying your family's schedule to reduce unnecessary stress. Encourage your children to stay in enjoyable activities, but help them understand that they may need to reduce their commitments during this time.

Time management, priorities and organization

After-school activities often teach important lessons in time management, setting priorities, and how



Too many extracurricular activities can cause a child to go from enriched to overloaded.

See OVERLOAD, B-7

Word to Pass

Aloha Festivals Holds Hoolaulea

Come down to Waikiki and be a part of the state's largest block party today, from 7 to 10:30 p.m., along Kalakaua Avenue in Waikiki, to celebrate the unique multi-cultural heritage of Hawaii. Stages will be filled with Hawaii's top entertainers, craft and food booths and lei stands will line the street. Join the thousands of visitors and locals as they gather to enjoy music and hula late into the night.

The partying doesn't end with one night's celebration as another hoolaulea, again with entertainers, crafts and food booths, will be held Friday in downtown Honolulu, from 6:30 to 10 p.m. Look for additional activities and events nearby and at the Aloha Tower Marketplace.

Aloha Festivals is a two-month-long celebration that began as Aloha Week in 1946. The initial celebrations included hula performances, a parade, pageants and services at Kawaiahao Church in downtown Honolulu. Other events slated for the Aloha Festivals include a falsetto contest, the Made in Hawaii trade show, hula performances and more.

For more information, call 589-1771 or visit www.alohafestivals.com.

Atlantis Discussion Group to Meet

Learn about the lost civilization of Atlantis. Hear the story as it was told by Critias and recorded by Plato more than 2,000 years ago, then participate in the discussion group that follows.

Do you know if Atlantis was a continent, an island, a city or a country? Where was Atlantis located? What were the people like? Why can't we find it? Learn the answers to these questions at this unique discussion group.

The following is the suggested reading list: "The Atlantis Dialogue: Plato's Original Story of the Lost City, Continent, Empire" by Plato; "Atlantis, the Antediluvian World" by Ignatius Donnelly; "Survivors of Atlantis: Their Impact on World Culture" by Frank Joseph; "Mysteries of Atlantis Revisited (Edgar Cayce)" by Edgar Evans Cayce; "Atlantis in America: Navigators of the Ancient World" by Ivar Zapp and George Erikson.

Meetings are set for the first Saturday of each month from 10 a.m. to 12:30 p.m. at 1311 Kapiolani Blvd., Suite 610.

For more information, call Dennis Brooks at 382-0304.

Bishop Museum Features Fishing Traditions

Bishop Museum's Traditions of the Pacific continues Sept. 15 from 6 to 8 p.m., with Richard Pyle and Poni Kamaau. Join Bishop Museum scientist, Dr. Richard Pyle, as he shares fascinating stories of new biodiversity on deep-coral reefs. His explorations have taken him to some of the world's best deep-coral reefs in Palau, Papua New Guinea, American Samoa, and Rarotonga. In 2003, Pyle served as a scientific advisor to the IMAX documentary, Coral Reef Adventure.

Educator Poni Kamaau will share a "Moon Chant" that describes how phases of the moon determine if and what kind of fish are abundant in each new phase. Kamaau will also present exciting fishing stories passed down for generations. Special items from Bishop Museum's collections will be on display throughout the evening.

Traditions of the Pacific is a quarterly program that highlights the cultural heritage of Hawaii, Asia and the Pacific through stories, lectures, demonstrations and workshops.

General admission is \$5; Bishop Museum members are free. For reservations or more information, call 847-8296 or visit their Web site at www.bishopmuseum.org.



Susana Choy

Gina Jingao, the princess representing the island of Oahu, rides in the 89th Annual King Kamehameha Celebration Floral Parade. Hawaiian pau riders, such as the one pictured above, will be at the annual Aloha Festivals Floral Parade, Sept. 17.

Aloha Festivals Holds Floral Parade

Spend the day outdoors taking pictures, sitting curbside and enjoying the colorful floats and many costumed horse-riding units of the Aloha Festivals Floral Parade Sept. 17 from 9 a.m.

The parade will begin at Ala Moana Park and make its way to Kapiolani Park in Waikiki.

Be there early as the streets are sure to fill up with spectators for this annual celebration of Hawaiian culture and heritage.

For more information, call 589-1771 or visit www.alohafestivals.com.

Live Theater Shows Line Fall Calendar

If you enjoy live theater and concerts, be sure to mark these shows down in your calendar.

The Adventures of Gary & Harry: A Tale of Two Turtles: This new musical adaptation of the children's book by Lisa Matsumoto and Michael Furuya features an all-star local cast. It plays today through Sept. 11 at the Hawaii Theatre. Tickets are from \$10 to \$25. For tickets or more information, call the Hawaii Theatre Box office at 528-0506 or visit www.hawaii-theatre.com.

Depth and Passion: The Honolulu Symphony will feature world-renowned classical guitarist Christopher Parkening. Playing one of the most recognizable guitar concertos, Rodrigo's Concierto de Aranjuez, Parkening will endow the audience with an unforgettable performance of the hauntingly beautiful piece. Christopher Parkening is celebrated as one of the world's preeminent virtuosos of the classical guitar. For more than a quarter century, his concerts and recordings have received the highest worldwide acclaim. Parkening is recognized as heir to the legacy of the great Spanish guitarist Andrés Segovia who proclaimed that "Christopher Parkening is a great artist. He is one of the most brilliant guitarists in the world." Tickets for the Friday and Sept. 11 performances range in price between \$24 and \$67 and may be purchased online at www.honolulu-symphony.com or at www.ticketmaster.com. For more information, call 792-2000 or visit www.honolulusymphony.com.

Guys and Dolls: Damon Runyon's mythical New York comes to life in this enchanting musical comedy that takes us from the heart of Times Square to Havana and back. This classic Broadway show will run Thursday, Friday, Sept. 10, 16, 17, 23, 24 at 7:30 p.m. at the Army Community Theatre. Tickets are from \$12 to \$20 and can be purchased at the Richardson Theatre Box Office by calling 438-4480 or at the Web site: www.squareone.org/ACT.

An Almost Holy Picture: This drama is a one-man show about Samuel Gengle, the groundskeeper for The Church of the Holy

Comforter, who struggles to regain his own faith. Part of the Readers Theatre series, catch this play on Sept. 11, 18 and 25 at 2 p.m. at the Richardson Theatre, Fort Shafter. Tickets are \$6 at the door. For more information, call the Army Community Theatre Box Office at 438-4480 or log on to www.squareone.org/ACT.

Aimee Mann: Founding member of the '80s rock band 'Til Tuesday, Mann is currently touring to promote her fifth solo album, "The Forgotten Arm." Mann's one-night engagement is scheduled for Sept. 28 at the Hawaii Theatre. For ticket information, call the Hawaii Theatre Box office at 528-0506 or visit www.hawaii-theatre.com.

Honolulu Symphony Pops: Monica Mancini, daughter of famed composer, Henry Mancini, will grace the stage at the Blaisdell Concert Hall Sept. 30 and Oct. 1, both at 8 p.m. With a voice described as "The glamorous vocal equivalent to diamonds flashing," by the *New York Times*, Mancini will reprise many of her father's classics, as well as other popular standards. Tickets are \$30, \$40, \$50, \$60 and \$72 each. For more information or to order tickets, call the Honolulu Symphony Ticket Office at 792-2000 or Ticketmaster at (877) 750-4400 or visit www.honolulusymphony.com or www.ticketmaster.com.

Hana Hou Hawaiian Music Concert: Presented by the historic Hawaii Theatre, this concert opens the 2005-2006 season and stars the delightful, funny and talented Karen Keawehawaii, a headliner on the annual Christmas show with Jim Nabors. The concert is set for Sept. 30 at 8 p.m. at the Hawaii Theatre. Tickets are \$30 and can be purchased by calling the Hawaii Theatre Box Office at 528-0506 or at www.hawaii-theatre.com.

Hawaii Stars Concert of Extraordinary Abilities: Presented by the Harry and Jeanette Weinberg Foundation and Variety School, this annual televised concert showcases the talent of very special artists with a myriad of disabilities and abilities. The concert falls on Oct. 2 this year and will be held at the Hawaii Theatre. For more information, call the Hawaii Theatre at 528-0506 or visit www.hawaii-theatre.com.

DANIELS, From B-3

completed work. She's a little smarty-pants — reads the newspaper and everything. I'm sure she'll end up with the curse as well."

Even though military life for Daniels may not be packed with excitement on a daily basis, he said his love for drawing allows him to create something new and exciting by using bits and pieces collected from the seemingly mundane daily grind.

"One of my biggest inspirations, believe it or not, was a yoga book," said Daniels. "Looking at the human body performing yoga started to make me imagine other objects moving and bending in different and unnatural ways. It really helps to alter reality a little bit. The change in reality helps me put into perspective life as a whole. I like that about my hobbies. They are what keep me, well — me."

FOOD, From B-4

safe thawing or thaw sealed packages in cold water. Defrost food in the microwave if it will be placed immediately on the grill.

Marinating

Meat and poultry can be marinated for several hours or days to tenderize or add flavor. Marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

Transporting

When carrying food to another location, keep it cold to minimize bacterial growth. Use an insulated cooler with sufficient ice or ice packs to keep the food at 40 F or below. Pack food right from the refrigerator into the cooler immediately before leaving home.

Keep cold food cold

Keep meat and poultry refrigerated until they are ready to use. Only take out the meat and poultry that will immediately be placed on the grill.

When using a cooler, keep it out of direct sunlight by placing it in the shade or other shelter. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

Keep everything clean

Be sure there are plenty of clean utensils and platters. To prevent food-borne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning, or pack clean cloths and wet towelettes for cleaning surfaces and hands.

Precooking

Precooking food partially in the microwave, oven or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete the cooking process.

Cook thoroughly

Cook food to a safe internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe internal temperature. Whole poultry should reach 180 F; breasts, 170 F. Hamburgers made of ground beef should reach 160 F; ground poultry, 165 F. Beef, veal, and lamb steaks, roasts and chops can be cooked to 145 F. All cuts of pork should reach 160 F. Never partially grill meat or poultry and finish cooking later.

Reheating

When reheating fully cooked meats like hotdogs, grill to 165 F or until steaming hot.

Keep hot food hot

After cooking meat and poultry on the grill, keep it hot until served — at 140 F or warmer.

Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in a warm oven — approximately 200 F — in a chafing dish, slow cooker or on a warming tray.

Serving the food

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food.

In temperatures above 90 F, food should never sit out for more than one hour.

Leftovers

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than two hours or one hour if temperatures are above 90 F.

Safe smoking

Smoking is cooking food indirectly in the presence of a fire. It can be done in a covered grill, if a pan of water is placed beneath the meat on the grill. Meats can be smoked in a "smoker," which is an outdoor cooker especially designed for smoking foods. Smoking is done much more slowly than grilling, so less tender meats benefit from this method, and a natural smoke flavoring permeates the meat. The temperature in the smoker should be maintained at 250 to 300 F for safety.

Use a food thermometer to be sure the food has reached a safe internal temperature before removing it from the grill.

Pit roasting

Pit roasting is cooking meat in a large, level hole dug in the earth. A hardwood fire is built in the pit, requiring wood equal to about 2 1/2 times the volume of the pit. The hardwood is allowed to burn until the wood reduces and the pit is half filled with burning coals. This can require four to six hours burning time.

Cooking may require 10 to 12 hours or more and is difficult to estimate. A meat thermometer must be used to determine the meat's safety and doneness. There are many variables such as outdoor temperature, the size and thickness of the meat, and how fast the coals are cooking.

Risk of cancer?

Some studies suggest there may be a cancer risk related to eating food cooked by high-heat cooking techniques such as grilling, frying and broiling. Based on present research findings, eating moderate amounts of grilled meats like fish, meat and poultry cooked — without charring — to a safe temperature does not pose a problem.

To prevent charring, remove visible fat that can cause a flare-up. Precook meat in the microwave immediately before placing it on the grill to release some of the juices that can drop on coals. Cook food in the center of the grill and move coals to the side to prevent fat and juices from dripping on them. Cut charred portions off the meat.

LATCHKEY, From B-4

•Do not use the stove or oven, or cut things with a sharp knife.

•No one is allowed in the house when parents are not at home.

Don't leave children alone too long

Keep the time as short as possible. Two hours is really the maximum amount of time a child should be alone. If you need more time at work, consider alternative day care arrangements.

Let your child know that if they feel uncomfortable staying home alone, you will make alternative arrangements.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Automobiles
'01 Ford Mustang, metallic blue, CD, automatic, 39,000 miles, one owner. Asking \$9,800. Call 295-5402.

Pets
Two parakeets, with cage. Asking \$25. Call 489-7585.

Miscellaneous
Mid-sized truck toolbox, \$125; Toyota truck bed liner, \$150. Call 389-5956.

Boat for sale, 2000 Seaswirl, 21 ft. cutty cabin, sold new March 2002 with three-year factory warranty, 2001 Yamaha 115 w/warranty, many extras. In exceptional condition. Asking \$23,000. Call 254-5015.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

*Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office.*

The deadline for submitting ads is 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216 aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property. Ads are run on a first-come, first-served basis.

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